

PARENTING EDUCATION

BUILDING STRONG RELATIONSHIPS AND HAPPY KIDS IN SKAGIT COUNTY

Parenting is no easy task! In a world of conflicting advice and never-ending demands on our time, it can seem next to impossible for families to know what's best for their children. The Parenting Coaches at Brigid Collins are here to help!

SEPTEMBER

Sept. 19 – Birth to Three: Tools for Attachment

Explore the unique journey of supporting social and emotional growth in this special developmental time. *Appropriate for parents of children age 0 to 3. \$15*

OCTOBER

Oct. 17 – Power of Positive Parenting

What is positive parenting? Learn five principles that work! *Appropriate for parents of children age 2 to 8. \$15*

NOVEMBER

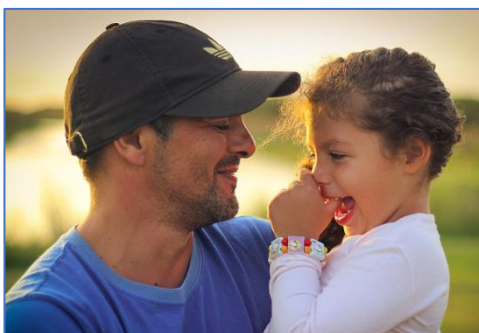
Nov. 21 – Raising Confident, Competent Children

How do children learn responsibility and respect? Learn to boost your child's self-esteem and encourage their independence. *Appropriate for parents of children age 2 to 12. \$15*

DECEMBER

Dec. 12 – Raising Resilient Children

What is emotional resilience? Learn how to teach your child to cope with the ups and downs of life. *Appropriate for parents of children age 2 to 12. \$15*



JANUARY

Jan. 16 – Coping with Stress

Learn techniques to manage day-to-day stress and help you stay calm to consistently apply positive parenting strategies. *Appropriate for parents of children age 2 to 12. \$15*

FEBRUARY

Feb. 20 – Parenting in the Digital Age

Remember when the only "screen time" was TV? Take away practical tips for navigating the ever-changing landscape of media and technology. *Appropriate for parents of children all ages. \$15*

MARCH

Mar. 19 – Myth Busters: The Truth about the Teen Brain and Behavior

Explore the teenage brain and gain insight into how their development impacts decision-making and relationships. It's not as simple as we sometimes think! *Appropriate for parents of teens. \$15*

APRIL

April 16 – Positive Parenting: The Teen Years

Learn effective tools for strengthening relationships with teenagers and increasing safe, healthy and compliant behaviors. *Appropriate for parents of teens. \$15*

All seminars are from 5:30 – 7:30 pm at 917 S. 3rd Street in Mount Vernon.
Register at www.brigidcollins.org/parenting-education-skagit
or call Kari Pendray, MA at (360) 428-6622.

NOW OFFERING
**ONE-ON-ONE
PARENT COACHING!**



Individual one-on-one parent coaching provides you with the practical strategies, support and experienced guidance to effectively reach your parenting goals!

FREE initial 30-minute consultation. Subsequent sessions are offered at \$45 per 50-minute session. Scholarships may be available - call to inquire.

To learn more or schedule a free consultation, contact Kari Pendray, MA at kpendray@brigidcollins.org or (360) 428-6622.

